

Rewards for Wellness

Frequently asked questions

What is the State of Rhode Island Rewards for Wellness Program all about?

The Rewards for Wellness program guides you through steps to proactively improve your health by participating in events such as the physical activity challenge and health screenings.

Who is eligible to participate and is it mandatory? All State of Rhode Island employees are eligible to participate in Rewards for Wellness programs and screenings, but only employees who are paying the State employee co-shares posted on the Office of Employee Benefits website at www.employeebenefits.ri.gov are eligible to receive incentives for co-share credit. Participation is voluntary.

Is my spouse or significant other eligible to participate? No. Only employees are able to participate in the Rewards for Wellness program.

How will I receive the incentive credit? Incentives will appear in your paycheck as a credit to your health insurance co-share. Employees receiving their paycheck by direct deposit can verify receipt of the credit each pay period by looking for a statement in the messages section on the pay stub.

Do I have to participate in all activities to receive a co-share incentive credit? No. You will receive a co-share incentive credit for each activity you complete within the specified time frame.

Does the incentive apply to me if I am already engaging in healthy activities and behaviors? Yes. All eligible employees may participate in Rewards for Wellness regardless of their health status. To receive co-share incentive credits, eligible employees must complete activities within the specified time frame.

What if I don't have internet access? Ask your agency HR representative if there are computers available. Internet access is also available at public libraries.

Can I participate in programs on work time and use my work computer?

Participation in wellness programs is acceptable before and after work hours and on lunch and break times. Use of work computers is acceptable for completing online wellness programs.

I have high blood pressure and/or a high BMI, can I still receive the incentive credit? Yes. You can still receive the incentive credit if you take the qualifying actions explained in the program details.

How can I verify that I completed each Rewards for Wellness activity? When you complete the "Soothing Stress" Tutorial, enroll in CurrentCare, and/or the Health Assessment, you can print out a confirmation page for your records. When you receive health screenings at the health fair or at your doctor's office, you will receive a copy of the results. For the physical activity challenge, print your completed online tracking form or keep the fax confirmation page.

Will my personal information be protected? Yes. Your personal health information will be protected in accordance with HIPAA and will not be shared with the State of Rhode Island.